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Exam 1: NUR163/ NUR 163 (NEW 2023/ 2024 Update) Concepts of Practical Nursing in the Care of Elderly Patients Exam Review| Questions and Verified Answers| Grade A – Hondros

QUESTION
_Medication in older adults

Answer:
Have a tendency to have high toxicity because of slower metabolism and less body mass

QUESTION
_Mini-Cog

Answer:
screening tool for dementia (mild to moderate)

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QUESTION
_Montreal Cognitive Assessment

Answer:
An extensive assessment tool that screens for cognitive impairment

QUESTION
_delirium

Answer:
an acutely disturbed state of mind that occurs in fever, intoxication, and other disorders. Fast onset and is curable once the cause of delirium has been identified.

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QUESTION
_Dementia

Answer:
a slowly progressive decline in mental abilities, including memory, thinking, and judgment, that is often accompanied by personality changes. Incurable though there are meds to slow progression.

QUESTION
_Excess fluid volume

Answer:
Too much intake and not enough output.
Symptoms include edema and sudden weight gain.

QUESTION
_UTI symptoms in older adults

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Answer:
confusion
cloudy, dark and foul smelling urine
dizziness
nausea
frequent urination
painful urination
abdominal pain

QUESTION
_orthostatic hypotension

Answer:

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sudden drop in blood pressure that occurs upon standing up or during physical activity or could also be caused by meds

QUESTION
Benefits of exercise

Answer:
Improves cardiovascular health
Increases muscle tone and flexibility
Enhances immune system
Promotes weight loss
Decreases stress/increases overall feeling of well-being

QUESTION
open-ended questions

Answer:
is best communication when taking a health history for older adults. Allow time for patient to respond and be patient.

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QUESTION
Listen at the apical pulse for:

Answer:
one minute

QUESTION
Therapeutic communication

Answer:
Verbal and nonverbal communication techniques that encourage patients to express their feelings and to achieve a positive relationship.

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QUESTION
What makes a patient high risk for falls?

Answer:
History of falls
Vision
IV
Foley Catheter

QUESTION
prevent osteoporosis

Answer:
regular exercise (weight-bearing 30 mins)
adequate Vitamin D and calcium (supplementation)

QUESTION
Foods high in phosphorous

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Answer:
seeds and nuts

QUESTION
How many calories for the elderly adult

Answer:
1200 calories

QUESTION
How much water for the elderly adult

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